

State of the Heart for African-Americans

Heart Disease in South Carolina

Burden of Disease:

- In the United States, 70,123 African-Americans died from heart disease in 2012. Heart disease is a leading cause of death and disability for Americans. The most common heart disease in the United States is coronary heart disease, which can lead to heart attack.
- Heart disease was the second leading cause of death in South Carolina for 2013.
- During 2013, 2,554 African-Americans died from heart disease in South Carolina.
- African-Americans face higher risks of developing ischemic heart disease and suffer stroke deaths more often than do Caucasians. These higher illness rate results in 10 years of lost life for African-Americans in South Carolina and a stroke mortality rate that was 27 percent higher than the national 2012 stroke mortality rate for African-Americans.
- Heart disease accounted for 15,005 hospitalizations in 2013 for African-American South Carolinians, with a total hospitalization cost of more than \$769 million.

Smoking

- Cigarette smokers have a 70 percent greater chance of dying of heart disease than nonsmokers.
- Twenty percent of African-American adults in South Carolina smoke.

Overweight and Obesity

- Being overweight contributes to 32 percent of heart disease each year.
- Seventy-five percent of African-Americans in South Carolina are overweight or obese. For African-American women, the number is four out of every five.

Sedentary Lifestyle

- Less active, less physically fit persons have a 30 to 50 percent greater risk of developing high blood pressure.
- When it comes to physical activity in South Carolina, 58 percent of African-Americans do not get the recommended amount of physical activity.
- Physical inactivity is more common among African-American women than men.

Hypertension (High Blood Pressure)

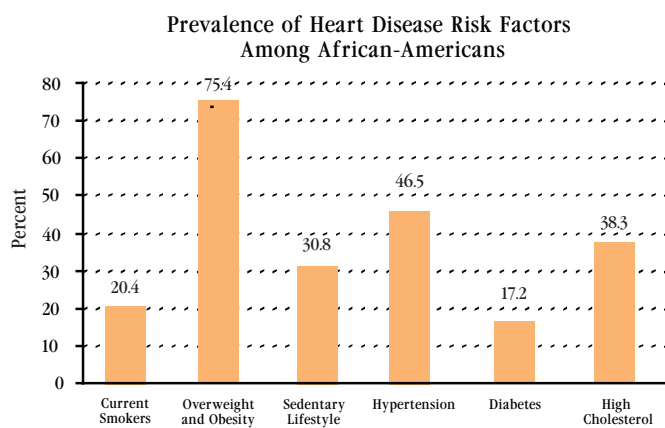
- People with hypertension have three to four times the risk of developing heart disease than those without high blood pressure
- Two in five African-Americans in South Carolina have high blood pressure.

Diabetes

- Two-thirds of people with diabetes die of heart disease or stroke.
- One out of every six African-American adults in South Carolina has diabetes, which is 56 percent higher than the rate for Caucasian adults.

High Cholesterol

- Lowering blood cholesterol results in a two-fold reduction of heart disease risk.
- One out of every three African-American adults in South Carolina has high cholesterol.



Data Source: South Carolina Behavioral Risk Factor Surveillance System (BRFSS) 2013.

Risk Factors for South Carolinians:

Estimated Economic Cost of Heart Disease in the United States in 2010*

\$107.2 billion in direct costs (i.e., hospital, medications)

\$97.2 billion in indirect costs (i.e., loss in productivity/mortality)

Stroke Among African-Americans in South Carolina

Burden of Disease for South Carolinians:

- Stroke is a leading cause of serious, long-term disability in the United States.
- South Carolina had the fifth highest stroke death rate in the nation in 2012 and is among a group of Southeastern states with high stroke death rates that is referred to as the "Stroke Belt."
- Stroke is the third leading cause of death for African-Americans in South Carolina, resulting in 729 deaths during 2013.
- African-Americans are more than 48 percent more likely to die from stroke than Caucasians in South Carolina.
- Stroke resulted in 4,766 hospitalizations for African-Americans in South Carolina during 2013.

Modifiable Risk Factors for Stroke:

- High blood pressure
- Cigarette smoking
- Diabetes
- Heart disease
- Poor eating habits
- Physical inactivity

How to Reduce Your Risk of Stroke:

- Get your blood pressure checked.
- Stay active.
- Eat a healthy diet.
- Use less salt.
- If you drink alcohol, drink in moderation.
- Get your cholesterol level checked.
- Stay smoke-free.

Warning Signs of Stroke:

- Sudden weakness or numbness of the face, arm or leg on one side of the body
- Loss of speech or trouble talking or understanding speech
- Sudden dimness or loss of vision, particularly in one eye
- Unexplained dizziness, unsteadiness or sudden falls, with no previous symptoms
- Sudden, severe headaches with no known cause

Economic Cost of Stroke:

- Hospitalization costs of stroke totaled more than \$244 million for African-American South Carolinians in 2013.
- The total cost of stroke in the United States for 2010 is estimated at \$36.5 billion (both direct and indirect costs).*

For more information on cardiovascular disease prevention in South Carolina, please contact:

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For more details, please view the Technical Document at www.scdhec.gov/health/docs/EpiTechNotes.pdf.

*Based on new data sources and estimation methods published in *AHA Circulation Heart Disease and Stroke Statistics - 2014 Update*